



Centre for Creative Renewal

Owner & Coordinator: Elizabeth Byrne

a qualified physiotherapist who combines the experience of body, mind, emotional & spiritual awareness in creative renewal. A delightful path to enrichment of life, love and laughter.

Eldon Park Retreat

Eldon Park Retreat,

offers three self-contained cottages, two adjacent & one set apart, accommodating up to 24 guests, surrounded by peaceful rolling acreage amongst natural bushland. Ideally positioned for exploring the beauty of the Mornington Peninsula. Suited for day, weekend or extended stays.

- ✿ Leisure Getaways
- ✿ Celebrations
- ✿ Seminars, Workshops and Team Building
- ✿ Carer Respite & Support (funding assistance available)
- ✿ Special Needs Groups

Retreat Team available on request for:

Massage, Yoga, Meditation, Reiki, Feldenkrais, Music & Art Therapy, Gymnasium and Outdoor Physical Activities.

Please contact Elizabeth for more information, to book the cottage or to enrol in weekly or monthly classes or retreats.

74 Graydens Road, Tyabb, Vic, 3913

Fax: 5979 4017 Ph: 5977 4727

Email: retreat@eldonpark.com.au

Web: www.eldonpark.com.au



Revitalize at Red Hill Spa

There are two main product ranges for facial & body care at Red Hill Spa which are both completely natural.

EMINENCE ORGANICS:

a certified organic face and body range from Hungary. A high performance range with many specific treatments to target any skin condition, or just general rejuvenation naturally. Serious skin care in a luxurious setting!

BINDI: an Ayurvedic range which is good enough to eat, no chemicals and no preservatives, made in accordance to the traditional Ayurveda philosophies.

They use Bindi's Premium Herbal Oil Blends within their massages, and in many of the body treatments including their signature treatments.

Bliss out with the Shiva Shirodhara, a pure treatment to calm the body, mind, and spirit, with warm oil streaming onto the 'third eye chakra'. Harmonise your mind, body and soul with Red Hill Spa's signature treatments or face and body treatments.



The luxurious environment includes single and double treatment rooms, a unique wet room with a handcrafted treatment bed, hydrotherapy geisha tub and outdoor treatment areas available in summer. At Red Hill Spa they can cater for any individual or groups need.

Their commitment in healing is shown in a comprehensive menu providing treatments of many different modalities, allowing any path from relaxation to a complete wellness program to be achieved. Therapists with their gift of touch can take you out of this world and allow your spirit to soar with the angels'.

Renew, revitalize and relax at Red Hill Spa, the day spa at the heart of the Peninsula!

Red Hill Spa is a tranquil oasis where you can harmonise all aspects of your body. A space where you can rest and refresh your mind, pamper and rejuvenate your body, awaken your senses and expand your spirit.



Red Hill Spa

facials

Eminence 100% Organic Products, Performance Facials, AHA & Enzyme Peels

signature treatments

shirodhara . rapali hair ritual

massage

relaxation . therapeutic . sports . pregnancy . remedial hot rock . oriental . thai . ayurvedic marma . tcm cupping reflexology . outdoor meditation garden massage

hill body beautiful

Eminence Organic wraps & scrubs: apple & pear, cranberry & pomegranate, Blueberry, Cucumber & Mint, Chocolate Mousse.

spa ritual and spa soaks

allow your soul and spirit to relax restore and revitalize express 90 mins treatments to full day pamperings

gift vouchers

available for all occasions, great gift ideas for people that have everything or simply to pamper someone that you love



RED HILL SPA

red hill spa

2/1012 Mornington-Flinders Road . Red Hill . Vic 3937

PHONE. 03 5931 0088 . FAX 03 5931 0066

EMAIL. info@redhillspa.com.au www.redhillspa.com.au